

### IN THE CLAIMS

Please amend the claims as follows:

Claim 1-5 (Cancelled).

Claim 6 (New): A food product, comprising:

an oil composition and food;

wherein the oil composition, comprises about 0.1 to 59.8% by weight of a triglyceride, about 40 to 99.7% by weight of a diglyceride, about 0.1 to 10% by weight of a monoglyceride, and at most about 5% by weight of a free fatty acid, wherein a content of  $\omega$ 3 unsaturated acyl groups having at least 20 carbon atoms and monoenoic acyl groups in acyl groups consisting the diglyceride are about 15 to 89.5% by weight and about 10 to 84.5% by weight, respectively.

Claim 7 (New): The food product of claim 6, wherein the food product is a salad dressing.

Claim 8 (New): The food product of claim 7, further comprising a wine vinegar.

Claim 9 (New): The food product of claim 6, wherein the food product is a mayonnaise.

Claim 10 (New): The food product of claim 6, wherein the food product is a cream.

Claim 11 (New): The food product of claim 6, wherein the food product is a baked food.

Claim 12 (New): The food product of claim 6, wherein the food product is a chocolate.

Claim 13 (New): The food product of claim 6, wherein the food product is a potato chip.

Claim 14 (New): A method of inhibiting platelet-aggregation in a mammal, which comprises:

administering an effective amount of an oil composition to a mammal in need thereof; wherein the oil composition, comprises about 0.1 to 59.8% by weight of a triglyceride, about 40 to 99.7% by weight of a diglyceride, about 0.1 to 10% by weight of a monoglyceride, and at most about 5% by weight of a free fatty acid, wherein a content of  $\omega$ 3 unsaturated acyl groups having at least 20 carbon atoms and monoenoic acyl groups in acyl groups consisting the diglyceride are about 15 to 89.5% by weight and about 10 to 84.5% by weight, respectively.

Claim 15 (New): The method of claim 14, wherein the mammal is a human.

Claim 16 (New): The method of claim 15, wherein said oil composition is in a form of a soft capsule.

Claim 17 (New): A method of reducing mammalian body fat, which comprises:  
administering an effective amount of an oil composition to a mammal in need thereof; wherein the oil composition, comprises about 0.1 to 59.8% by weight of a triglyceride, about

40 to 99.7% by weight of a diglyceride, about 0.1 to 10% by weight of a monoglyceride, and at most about 5% by weight of a free fatty acid, wherein a content of  $\omega$ 3 unsaturated acyl groups having at least 20 carbon atoms and monoenoic acyl groups in acyl groups consisting the diglyceride are about 15 to 89.5% by weight and about 10 to 84.5% by weight, respectively.

Claim 18 (New): The method of claim 17, wherein the mammal is a human.

Claim 19 (New): The method of claim 18, wherein said oil composition is in a form of a soft capsule.

Claim 20 (New): A method of reducing body mass index (BMI) in a mammal, which comprises:

administering an effective amount of an oil composition to a mammal in need thereof; wherein the oil composition, comprises about 0.1 to 59.8% by weight of a triglyceride, about 40 to 99.7% by weight of a diglyceride, about 0.1 to 10% by weight of a monoglyceride, and at most about 5% by weight of a free fatty acid, wherein a content of  $\omega$ 3 unsaturated acyl groups having at least 20 carbon atoms and monoenoic acyl groups in acyl groups consisting the diglyceride are about 15 to 89.5% by weight and about 10 to 84.5% by weight, respectively.

Claim 21 (New): The method of claim 20, wherein the mammal is a human.

Claim 22 (New): The method of claim 21, wherein the oil composition is in a form of a soft capsule.